

SPRING TIME IS TONIC TIME

The System Needs "Spring Cleaning." Just As The Home Does. TANLAC Has Been Called The World's Greatest Tonic By Over 100,000 Persons, Who Have Testified That Tanlac Has Helped Them Regain Their Strength and Health.

DON'T GAMBLE WITH YOUR HEALTH, DEMAND THE BEST

Tanlac Has Benefited Thousands of Persons Suffering From Stomach Trouble, Indigestion, Rheumatism, Nervousness and Kindred Ailments — Tanlac Is For Sale By All Good Druggists — Accept No Substitute — Over 40 Million Bottles Sold.

THE ROMANCE OF HYMN-WRITING

The need his Sunday school scholars had of a suitable hymn to sing at their annual Whitsuntide procession, led the late Rev. S. Baring-Gould to write his "Onward, Christian Soldiers"; and his "Now the day is over" was inspired by the sight of a wonderful sunset over Brixham Harbor, the draft first being written on an old envelope hastily pulled from his pocket at the time.

These two hymns are by no means alone in having an interesting, not to say romantic, origin.

"Off in danger, oft in woe," is another which has romance connected with its writing. It was found after Henry Kirke White's death, written on the back of one of his mathematical papers. It was incomplete, and as usually sung was completed by Frances Fuller Maitland.

Inspiration of a Moment. The words of "Our Blest Redeemer, ere He Breathed" came to Harriet Auber as she lay, an invalid, on a couch beneath the window of her room. Having no writing material at hand, and being fearful lest she should forget them, she scratched the verses of her well known hymn on a pane of the window, using her diamond ring for the purpose.

Newman has told us that he composed "Lead Kindly Light" whilst the orange boat which was bringing him on his way from Italy to England at the time lay becalmed in the Mediterranean.

Reginald Heber wrote "From Greenland's Icy Mountains" in response to a request from his father-in-law, Dr. Shipley, Dean of St. Asaph and Vicar of Wrexham, that he would write something for them to sing at the missionary service in church on the following morning.

The first three verses were penned in a few minutes, and on seeing them the Dean said: "That will do." "No, no," was the reply, "the sense is not complete," and, sitting down again, the future Bishop of Calcutta added the fourth verse: "Waft, waft ye winds His story."

Written in Record Time. But "O Love that will not let me go" is probably the most quickly written of all deservedly popular hymns. Inspired by a secret sorrow, the writer, the Rev. George Matheson, took only five minutes over the work, after which he never either retouched or corrected it.

"Abide with me" and "Crossing the Bar," which finds a place in some

hymn books, were in the nature of their authors' own songs; the former being written two months before the Rev. G. F. Lyte died, and the latter in Tennyson's eighty-first year. Interest is added also to "God moves in a mysterious way" when it is known that this last, and probably greatest, piece of work on the part of William Cowper was composed during a walk just as he felt that his brain was giving way.

Many Miles from Anywhere.

Which town of the world is the most isolated? The answer is Manaus, on the Rio Negro, not far from that mighty tributary's junction with the Amazon. It is the only town of Amazonia, and is situated a thousand miles from any other civilization.

Yet with all its isolation it has many up-to-date features—a harbour, electric lifts, a fine tramway system, an electric power station which lights the town and cooks its foods and cools its rooms, a pure water supply, several newspapers, a fine theatre, a museum of coins—but no railway station.

From any part of the town the jungle can be reached in a twenty minutes' walk. Alligators are the sole inhabitants of the opposite bank of the river, and jaguars have attacked pedestrians within rifle shot of the tram-lines!

The view from the cathedral tower is of unbroken forest, yet the town contains a hospitable English colony and an English club.

The river is called "Negro" because its waters are black, and where it joins the Amazon a steamer can have its bows in inky water and its stern in the brownish waters of the greatest river in the world.

PAINFUL SCIATICA AND NEURALGIA

Caused by Starved Nerves Due to Weak, Watery Blood.

People think of neuralgia as a pain in the head or face, but neuralgia may affect any nerve of the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease is the same, and the remedy to be effective, must be the same. The pain, whether it takes the form of sciatica or whether it affects the face and head, is caused by starved nerves. The blood, which normally carries nourishment to the nerves, for some reason no longer does so and the excruciating pain you feel is the cry of the starved nerves for food. The reason why the blood fails to properly nourish the nerves is usually because the blood itself is weak and thin.

When you build up the impoverished blood with Dr. Williams' Pink Pills, you are attacking sciatica, neuralgia and kindred diseases at the root. As proof of the value of Dr. Williams' Pink Pills in cases of this kind we give the statement of Mrs. Marion Bell, Port Elgin, Ont., who says:—"Some years ago I was attacked with sciatica in my leg and hip. The pain was excruciating and finally I was forced to go to bed. Apparently all the doctor could do was to give me drugs to dull the pain, as otherwise I found no relief. I had been in bed with the trouble for eight weeks when a lady who came to see me said that she had had a similar attack, and had only found relief through the use of Dr. Williams' Pink Pills. I decided at once to try this medicine, and before I had taken more than three boxes I found relief. I continued the use of the pills and under the treatment the pain left me. I was able to walk again, and have not since had the least return of the trouble. I feel that Dr. Williams' Pink Pills have been of such great benefit to me that I strongly urge similar sufferers to give them a fair trial."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What makes one admire a mother's love and marvel at it is a photograph of ourselves taken at the age of ten or twelve.

Ask for Minard's and take no other.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

President, Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Eye fatigue is an important subject for discussion. A large percentage of the people of this province are unaware of the dangers to their eyesight that result from fatigue. We have only one pair of eyes—that is, those of us who are blessed with normal vision, and the eyes we have are the only ones we ever will have. It is most important therefore that we try to preserve our sight as much as possible and not subject it to any unnecessary strain. For a long time it was thought that strain on the eyes only applied to students. Scarcely anybody suffered from eye headaches except the book-worms. Now we find that many other classes of people are affected with eye strain. Take the farmer plowing his furrow, who looks steadily at the ground hour after hour trying to keep in a straight line and trying not to "bite off" too much or too little earth at each roll of the sod. To do this he keeps his eye muscles in the same state of contraction all day long. When evening comes he often has some little bit of ground to finish and keeps on in the fading light, thereby increasing the strain to which he has been subjected all day. His muscles get tired, his nerves get tired, his brain gets tired and then when he goes home he often subjects his eyes to further strain by doing chores about the house or by reading the paper in imperfect light.

There is nothing that sooner reflects on the general health of the individual than eye strain, for it has a very strong influence on the general nervous mechanism of the body and continuous eye strain may lead in time to general nervous breakdown.

The eye is a most intricate piece of

apparatus and very delicate in its construction. No machine made by man is so perfect in construction or so elaborate in design. To serve the eye, no less than twelve muscles are provided. Of the twelve important nerves that come off directly from the brain, one-third, or four, are for the service of the eye.

Shortly after the start of life we are endowed with good eyes and if care is taken we preserve them. But there are many pitfalls by the way, and from one cause or another the eyesight becomes not so good as it should be. There is the question of strabismus or squint to be thought of. This often develops in early life due to weakness of certain of the eye muscles which from one cause or another fail to develop as they should and thus the more powerful and more developed muscles rotate the eye out of its proper place and the condition commonly known as squint results. There is a remarkable lack of knowledge about the seriousness of squint. Many people have the opinion that squint in children will right itself if left alone. There are thousands of one-eyed people in this province today just because their parents thought they would allow the squint to right itself. Intelligent and proper medical treatment of the eyes in squint is the only way by which one can hope for good results. Never leave a case of squint to right itself. Go to an oculist at once, and especially in the case of young children this condition of squint should be rectified if possible before the child is five years old. If allowed to go longer, the sight of the "turned" eye will most likely be damaged for life. An ounce of prevention in this case is worth a pound of cure.

SAVED BABY'S LIFE.

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Lilac.

There is a dried in the lilac tree, A bright and lovely thing of joy and grace,

Beckoning ever with arch coquetry, Lo! I have seen her face, No woodland sprite is she, brown limbed and shy

(Pan's light o' love), but gay and sweet and quaint

Like some fair lady of a day gone by, Half shrewn and half saint.

Of rich brocaded lilac silk her gown, Emeralds and amethysts adorn her throat,

Diamonds and pearls of rain her beauty crown

Perfumes adorn her foot, Green are her petticoats and lavender The plumes that all about her nod and sway.

Milton and Shakespeare loved to sing of her—

And Herrick—she is May. —Minna Irving.

Send a Dominion Express Money Order. They are payable everywhere.

Not So Near the Heart.

A young mother, catching her husband in mute contemplation before the cradle of her first-born, was thinking what a beautiful sight it was when he suddenly turned round and exclaimed in a gruff voice:

"My dear, the more I look at it the more I am at a loss to understand how the furniture dealer could have the impudence to charge you twenty-five dollars for this horrible cradle!"

CORNS

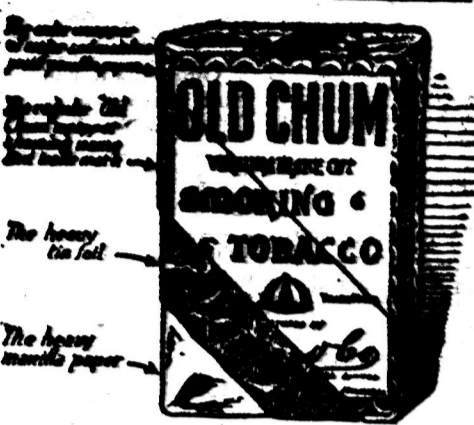
Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an itching corn. Instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calms, without soreness or irritation. Ont.

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IS FOUR TIMES SEALED

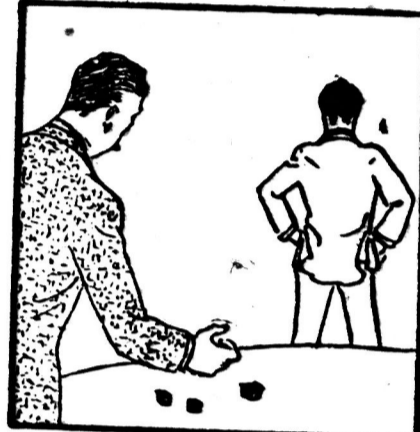


to bring you the full richness and mellow sweetness of this—

"Tobacco of Quality"

Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

EASY TRICKS With Three Dice



Many of the best tricks are performed by utilizing facts about which few people are informed. An effective little trick with dice owes its mystery to the fact that very few persons, even those who are familiar with dice, really know how the spots are arranged.

Ask a person to throw three dice while you stand with your back to the table. Ask him to add the number of spots thrown—the total of the spots on the upper faces of the three dice. Then ask him to turn each die upside down and add to the total of the spots on the top of the dice, the total of the spots which are underneath.

Ask him to concentrate on the number. After an appearance of concentration yourself, tell him that the total is 21. You will be right.

(Clip this out and paste it, with other of the series, in a scrapbook.)

He receives more favors who knows how to return them.



Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

Accept only a Safe Bayer package

which contains proven directions Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mann-estrachemie of Barmen, Germany

BACKACHE!

Minard's eases the stiffness, relieves the pain. Keep a bottle handy.



MINARD'S KING OF PAIN LINIMENT

Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Price \$1 per package at your druggist. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Going, Going, Gone.

An ancient car chugged painfully up to the gate of the county fair races. The gatekeeper, demanding the usual fee for automobiles, called: "A dollar for the car!" The owner looked up with a pathetic smile of relief and said: "Sold!"

Civilization is the result of taking pains. Individual advancement depends upon the same fact.

Classified Advertisements

PURE, BEAUTIFULLY FLUFFY, carded wool; sample, enough light comforter; one dollar. Woolen Mills, Georgetown, Ont.



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Cuticura Soap and Ointment

Promote Hair Health

Shampoo regularly with Cuticura Soap and keep your scalp clean and healthy. Before shampooing touch spots of dandruff and itching, if any, with Cuticura Ointment.

Sample Free by Mail. Address Canadian Branch, 70 St. John St., Montreal, P.Q. Sample, Soap, Ointment 2 and 10c. Tolson St., N.Y. Try our new Shaving Stick.

WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N.H.

Sick and ailing? Get Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to see these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength. Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N.H.

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